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"VIS MEDICATRIX NATURAE"
"The Recuperating Power of Nature"

MINERAL WATERS

Copy deposited
No. 11463

THEIR ORIGIN
AND USE....

...PUBLISHED BY...
ABENAKIS SPRINGS HOTEL CO.
ABENAKIS SPRINGS, P.Q.
CANADA.

Mineral Springs.

MINERAL SPRINGS date from the most remote periods of history. The Arabians, the Egyptians, the Greeks, the Romans, and, in fact, all nations of the world have used Mineral Spring Waters for medicinal purposes. Hippocrates, Aristotle, Herodotus, and even Homer wrote of them, in prose and poetry; temples dedicated to Æsculapius, the god of medicine, were erected near them, and the springs were made the sites of hospitals, medical schools, baths and resorts for the diversion of the sick.

For Many Centuries

Mineral Waters were the only medicines used in Rome, and there still exist many traces of ancient Roman baths, consisting of buildings of great architectural beauty, and adorned with statuary and mosaics that were very celebrated.

In our practical day we have shorn the springs of the superstitions of the ancients, and the busy habits of modern times do not permit us to spend the time and the elaborate preparations upon the bath that were bestowed upon it in the luxurious days of imperial Rome.

of water printed in America treats of it from a therapeutical standpoint. It is entitled "The Curiosities of Common Water, of the Advantages thereof in Curing Cholera, Intemperance and other Maladies," by John Smith, C.M. It was printed in Boston, Massachusetts, from the London edition of 1712, for Joseph Edwards, at the corner shop on the north side of Town House, in 1725. It calls special attention to the excellency of water as a drink, and enumerates its therapeutical attributes as follows; "It cures gout and hypochondriacal melancholy; it benefits gravel and stone in the bladder; it makes the child grow strong in the womb, and increases the mother's milk; it stays hunger, for there was a certain crank-brained man, who, at Leyden, when Dr. Carr was there at the University, pretended that he could fast as long as Christ, and it was found that he held out the term of forty days without eating any food, only he drank water and smoked tobacco. Water is also of great use to strengthen weak children; it prevents swelling from bruises, sickness of the stomach, shortness of breath and vomiting; it cures fluxes, constipation, colic, small-pox, etc."

What is
Mineral Water?

From the Standpoint of Physicians,

Mineral Water is any water that has an effect upon the human system, no matter how feebly mineralized it may be; that is, it is any water that possesses medicinal virtues, whether they be due to the presence of organic, inorganic or gaseous contents, or to the principle of heat. Under this definition, therefore, would be included many waters that, from a chemical standpoint, might be considered very pure, or chemically indifferent.

From the Standpoint of the Dealer

in bottled Mineral Waters, the definition has, of course, a very wide range. From this point of view, all waters put upon the market for sale, in bottles or barrels, or in any other way, come under the head of Mineral Waters, and in collecting the statistics of the commercial aspect of the subject it has been found impossible to draw any definite line, either according to the mineralization of the water or the uses to which it is put. A number of the waters would be considered indifferent when viewed in the light of their chemical

composition, but it must be remembered that some of the pure waters have an undoubted therapeutical effect, and that chemical analysis, which is absolutely reliable only in its estimation of basic salts and acids, will not always explain the medicinal effects of a water, and that small quantities of some constituents are often more effective as remedial agents than others that are present in larger quantities.

MINERAL SPRINGS.--Their Origin.

"From whence comes the abundant, never-failing supply of Mineral Water, changing but little from day to day, oozing, bubbling, spouting, in all sorts of fantastic figures. The undisputed facts are that all springs, mineral or otherwise, are meteoric in their origin. Springs have always been a very puzzling question and a fruitful subject of debate for ancient philosophers."

"Aristotle taught

that there were large cavities in the interior of the earth filled with air, and that this air condensed to water on the cold ceilings and made its way to the surface through fissures."

"Virtruvius believed

that springs were due to an accumulation of rain and melted snow in subterranean reservoirs."

"Descartes imagined

that the sea was the source of the water, which flowed into subterranean caverns, was vaporized, and afterwards condensed, finally escaping to the surface through crevices in the rocks."

"The water of Mineral Springs, as of all other springs, is now, however, recognized as no new creation, but it is well known that the spring is only one of the phases of an aqueous circulation which begins and ends in the clouds that envelop our globe. Falling through our atmosphere as rain, after it reaches the earth the water ever seeks lower levels, and while a large part passes directly to the ocean, through the lakes and streams, a very considerable portion sinks into the earth through the crevices in its rocks, and, issuing later as a spring in some lower and more favorable level, eventually reaches the ocean, whence by evaporation it once more becomes part of our cloudy envelope. In the latter part of the seventeenth century Mariotte, a French physicist, and Halley, the eminent French astronomer,

independently of each other, and one by physical methods and the other from an astronomical point of view, demonstrated that the evaporation from the ocean is sufficient to account for the supply of water to all the springs, lakes and rivers that supply water to the sea. Buffon later demonstrated the same theory by selecting a lake without an outlet and proving that the evaporation from its surface was equal to all the water that was poured into it."

"It was anciently believed

that all the rain that fell upon the earth either ran off or was absorbed by the surface strata a short distance below the soil, but the constant dripping of water from the roofs of mines and tunnels proved this view incorrect. In Misnia, in Saxony, water forms in drops on the roofs of mines 1,600 feet below the surface, and when the railroad tunnel through Mount Cenis was cut into rock hard enough to turn the best steel, that rock was found to be so filled with water that a canal had to be built through the center of the tunnel to carry it away. Prof. T. Sterry Hunt estimated a square mile of sandstone 100 feet in thickness will contain water sufficient to sustain a flow of a cubic foot a minute for more than thirteen years. The water reaches the surface through springs in several ways. Sinking below the surface, it penetrates the strata to a greater or

less depth, and is frequently subjected to an enormous hydrostatic pressure as it reaches lower levels; and when a favorable opportunity occurs, through a crevice in the rocks, this pressure forces it to the surface, or boring for an artesian well gives it the necessary relief. Many springs, however, find their own outlet as they flow from high altitudes to lower ones, and some waters, especially in the case of hot springs, are forced to the surface by an accumulation of steam, or exist as geysers from the very fact of their high temperature. The accumulation of gas is also effective in the case of many cold springs, or in springs that alternately throw out gas and water."

"The great majority of Springs,

however, reach the surface quietly either along the base of mountains or in valleys, or at the coast line. Their supply area is the higher mountain region that receives the water as rain. This, then, ordinarily sinks until an impervious stratum is reached, along which it flows until it emerges at the first favorable opportunity at the lower level, either as an ordinary spring, or a mineral spring if the rocks through which it passes are favorable, or as a hot or warm spring if it penetrates to a great depth or comes in contact with heated rocks before issuing at the surface of the earth."

Abenakis Mineral Water.

IN presenting this water to the public we respectfully ask the attention of those who use mineral waters to the fact that this water is well known to and highly recommended by members of the Medical Faculty as a specific for the cure of a large number of diseases. The marvelous curative properties of the Abenakis Mineral Spring Water, named for the Abenakis tribe of Indians, were well known to these and other Indian tribes, many of whom are said to have come great distances to procure restored health and strength from the use of the "Water of Life," as they called the water, which good example our own people, in constantly growing numbers, are following, as the increasing patronage from home and abroad clearly demonstrates. The Mineral Water is used as a beverage and for baths.

As a Medicinal Water We Ask for a Trial,

desiring only that it have a chance to cure some of the many ills that flesh is heir to, and that its *future preferment* shall depend on its curative properties, for its promptness of action on most diseases, and its phenomenal range of application to so many ills *and its wonderful cures.*

It Would be Useless for a Doctor

to lecture on its medicinal properties, or even to discuss its chemical analysis, as applied to well-diagnosed diseases that are so common among all classes of men and women; while the chemical analysis shows it to be a first-class curative water, what is *better* and more to the satisfaction of persons who have rheumatism, gout, dyspepsia in any of its forms; *constipation*, the most common and worst all troubles that humanity is afflicted with; liver trouble, kidney or bladder trouble, is *for the sufferers to know that just such troubles have been cured in many instances by the use of this water, and with no other remedies.*

The Reputation

of this water has been established by persons who have tried all other remedies and who have failed to get relief until obtained by the use of this extraordinary fluid. If persons who may read this pamphlet will read over the testimonials in another part, they will most likely find cases similar to their own have been acted on and cured, and that, too, with no other assistance than a liberal supply of the water. We have testimonials enough to fill a large book, and others are constantly coming to us from persons made happy by being relieved from sufferings that they have

not otherwise been able to get rid of by the use of medicine and the best of physicians. And this, too, has reference to almost every form of disease. Of course, this seems unlikely, and we are open to the criticism that all waters claim much, and that our water cannot be very different from other waters. We have no way of answering any or all such criticisms but by suggesting that some of the people whose names are signed to the testimonials may be consulted, or that an investigation be made personally of our springs, or that they send us an order for a case of water and make the trial for themselves in such a way as may best suit their convenience *and thus be convinced.*

We Make the Broad Statement

at this time that, *in all cases that have come under our observation, all the people who have tried this water have given it praise above any praise accorded to any other water;* and some of them who were sick have declared solemnly and sincerely that its use has saved them from great sufferings and perhaps death. It is, therefore, a matter well worth the attention of any one who is in need of a good water to carefully inquire about this; and the way most effectually to do so is to get some of it, and make the personal application, with the guarantee that it has done others great good.

Many physicians say "they have used the water on patients suffering from diabetes, and deem it their duty to write in regard to its *therapeutic value.* They have used no medicine of any kind in the meantime, and are wonderfully benefited by its use." It is recommended by others for all kinds of kidney or bladder troubles. "In its use no gravel will ever form in the kidneys or bladder, and that it is beneficial in all kinds of skin eruptions, and all diseases arising from excess of uric acid, and for weak digestion and dyspepsia, etc."

We Have Many Cases of this Kind.

They read more like romance or fairy tale than fact. Apparently marvelous and unnatural, but when properly understood they are simply laws which will produce certain results every time, natural, scientific, philosophic, and consist merely in applying a remedy that removes the cause of irritation, and the patient gets well at once.

There are quite a number of cases of severe constipation, of many years' standing, that this water has cured.

Also a number of cases of sick headache and nervous prostration, want of appetite, and sleeplessness and biliousness that have been permanently cured.

The human body is a far better chemical apparatus than any yet discovered by man. Instance, the sense of smell when no chemical appliance can tell you what is in the atmosphere; also the sense of taste, and these might be multiplied.

Nature's Laboratory

is indeed most curious and wonderful in its handiwork in producing combinations and inter-combinations, chemically and mechanically combined, some of which the analytical chemist may discover, but which he will find it impossible to imitate by any prescription, and we find also results from the use of nature's water which cannot be accounted for by any *materia medica*, nor can it be imitated so as to produce the same results medicinally upon one suffering from any well-diagnosed disease.

It Would be an Easy Matter

for one to produce pure water and mix it with the salts, as indicated in the analysis, but the effect produced medicinally upon a sick person would not be the same in bringing him to health. *In nature's laboratory some subtle mystery has herein made a combination and has made a mixture of minerals as curious and as mysterious as are the cures that it effects.*

Abenakis Mineral Baths.

The Curative properties of Abenakis Mineral Water are far famed. The water used for bathing flows from the same spring from which visitors drink. An analysis of this water shows it to contain about 883 grains of Saline Solids per imperial gallon, and so far as medication of the waters can favorably affect the bath for which they are used, the Abenakis Baths have the strongest claim to confidence, inasmuch as no other waters that are used for bathing are more highly impregnated with mineral salts.

These baths, in connection with the drinking of mineral waters, although not required in every case, are a matter of utmost importance in a large number of cases in aiding to produce the best effect of the waters.

Those desiring to use the hot Mineral Baths, the effects of which are pronounced, should before taking them be advised as to the temperature and length of time to remain in.

Analysis of Abenakis Mineral Water.

Samples of Abenakis Mineral Water have been submitted to the most eminent chemists of the country, and quite a number of analysis made. We take pleasure in giving you herewith the result.

OFFICE OF THE PUBLIC ANALYST,
MONTREAL, JULY, 1883.

"I hereby certify that upon a careful analysis of a large sample of the Abenakis Mineral Water of the St. Francois du Lac Abenakis Springs, I find as follows:—

"**Total Saline Solids, 883.4 grs. per imperial gallon.** These are chiefly chlorides of calcium, magnesium, potassium and sodium, with a slight trace of lithium, a very valuable alkaline solvent. It is, in every respect, a medicinal water of the Saline class, being purgative, alterative and antiacid. It contains a fair share of alkaline bromides, iodides and phosphates, and would be rendered still more valuable by aeration with carbonic acid gas and suitable dilution. **As a Seltzer Water it would compete with the finest Saline Springs of Germany.**"

(Signed) **JOHN BAKER EDWARDS, Ph.D., F.C.S.,**
Public Analyst, Montreal.

Prof. Harrington, of the University of McGill College, Montreal, says: "It contains chloride of sodium, potassium, magnesium and calcium, the carbonate of iron, bromide and iodide of magnesium, sulphit of lime alumina, and phosphoric acid."

There is a second mineral spring, about fifty feet from the former, containing many of the above ingredients—but it is of the sulphurous class, and has also proved to be a very valuable specific for certain classes of common ailments.

There is also a soft fresh water spring near by, whose waters are greatly prized, being clear, cool and delicious.

ABENAKIS HOUSE,
ABENAKIS SPRINGS.
PROVINCE OF QUEBEC

The Abenakis Springs as a Pleasure and Health Resort

stands without a rival in the Dominion of Canada. Nature has endowed the surrounding country with an exuberance of beautiful and diversified mountain, lake and river scenery. Its historic connections have brought thousands of people from far and near to view the spot where the outbreak of the long and desperate conflict between the Indians and British soldiers began. There is no place in the Dominion which commands and invites more public patronage and interest than does the Abenakis Springs. The remnants of the once famous Abenakis Indians, for whom the Springs and Hotel are named, reside nearby in a little colony, supporting their own schools and churches. They manufacture an endless variety of souvenirs, which have found their way into the remotest climes, having been carried there by visitors.

Location.

The Abenakis House and Mineral Springs are delightfully situated near the village of San Francois du Lac, in the County of Yamaska, Province of Quebec, Canada, on the west bank of the St. Francis River, near its confluence with the majestic St. Lawrence at Lake St. Peter. *The Post Office is Abenakis Springs, Yamaska County, P.Q., to which all mail should be adaressed.*

Amusement and Recreation.

One is not restrained to the conventionalities of city life. The surrounding country affords opportunity for pleasant walks and delightful drives along the river banks and through groves of pine. The boating on the St. Francis and St. Lawrence Rivers and Lake St. Peter will long be remembered by all who visit this delightful section of the country. Music, dancing, pool, lawn tennis, croquet, etc., will add to the pleasure and enjoyment of those so inclined. One may have a quiet or a gay time, as he desires, and whether for health, pleasure or recreation, he need not go away disappointed. The pool tables, lawn tennis and croquet equipments are for the free use of guests.

A Quaint Country.

The country is dotted with thatch-roofed houses and barns, old-fashioned bake ovens and well sweeps, which give it the appearance of a foreign land. Here and there you will see a hand loom in operation, turning out linen just as it was made centuries ago. The inhabitants of this section of the province have ever been noted for healthfulness, thrift, good morals, and that noticeable politeness so characteristic of the French people.

Lakes and Rivers.

The St. Francis River flows on past the hotel to the St. Lawrence. Its clear, blue waters, dotted with innumerable islands, present a most charming view and ever-changing panorama.

Lake St. Peter is formed by the union of the St. Francois, Yamaska, Richelieu, Nicolet and St. Lawrence Rivers. It is twelve miles wide and thirty long.

Boating and Bathing.

The management of the house have provided a large number of *well kept boats*, the use of which is *free* to guests; and have erected Bath Houses on the beach for ladies and gentlemen, the use of which is also *free*.

The Hotel.

The Abenakis House is a commodious building, erected with special reference to health and comfort. It is two stories high, one hundred and twenty-five feet in length by one hundred in depth, with a central tower four stories high. Adjoining the hotel proper is an extension one hundred and twenty feet long. There are nearly one hundred large, well-aired and easily accessible bedrooms, with spacious dining-room, parlors and bath, arranged with special reference to personal comfort, social enjoyment and recreation. It is the constant aim of the management to make the guests feel "at home."

Abenakis Annex.

Close by the hotel is the "Abenakis Annex," a large and commodious two and a half story building, to accommodate the overflow in the height of the season.

Children's Playroom.

A large room has been set apart for a playroom for the children when weather will not permit outdoor recreation, and games have been provided for their amusement.

Fish and Game.

The fishing by hook and line in the St. Francis River and Lake St. Peter is first class, rivalling the very best of the fishing resorts in Quebec or in the Maritime Provinces. During the month of September the wild duck, the woodcock and the snipe are found in great abundance around "the hundred islands" near by, at the mouth of the River St. Francis and its confluence with the St. Lawrence at Lake St. Peter. From time beyond memory these have been known among the Abenakis and other Indians as the "feeding grounds" of the wild duck. Trustworthy Indian guides for hunting and fishing can be had at reasonable rates.

Terms.

Board by the week, from $7 to $10.
Board by the day, $1.50 to $2.
Special rates by the season or month.

Lake St. Peter Club.

The club house was built for the special accommodation of the lovers of fishing, shooting sailing and camping. All the pleasures of camping and none of its inconveniences.

Location.

The club property fronts on the St. Francis River and Lake St. Peter. The club house, surrounded by a dense grove of trees, stands back from the water a few rods in an ideal spot.

Sailing, Boating, &c.

Lake St. Peter with its broad expanse (30 miles long and 12 wide) affords the best of opportunities for sailing. A more ideal spot for a summer outing could not be found.

Management.

The "Lake St. Peter Club" is under the management of the Abenakis Springs Hotel Co., which insures perfect satisfaction to patrons.

Terms.

Board by the week, $6.
Board by the day, $1.

FOR PARTICULARS WRITE TO

RUFUS G. KIMPTON, MANAGER,
ABENAKIS SPRINGS HOTEL CO.
ABENAKIS SPRINGS, P.Q.

A Few Testimonials Selected from Thousands

AN UNQUALIFIED ENDORSEMENT.

St. Francois du Lac, March 14.

Dear Sir,—During the several years that I have practiced medicine in this parish, I have often had occasion to judge of the efficacy of the mineral waters of the Abenakis Springs, when they are used in suitable cases.

Of the two springs which there are in this locality, one furnishes Abenakis Mineral Water which possesses very pronounced purgative qualities; it is also alterative and antiacid.

Its use gives good results in a great number of chronic diseases, particularly in the torpor of liver, of spleen and hepatic evlic ; the chronic gastritis and the gastralgy, not accompanied by irritation or by organic lesion, are successfully modified by the use of the Abenakis Mineral Water of the Abenakis Springs.

It possesses also an incontestable utility in the gouty diseases, when the kidneys work well and that the gouty person can take a sufficient exercise.

The other spring furnishes a Sulphurous Mineral Water, which is used with advantage in the chronic diseases of the chest, such as pulmonary catarrh, pneumonia and chronic pleurisy, asthma and phthisis, when these diseases are not accompanied by a too pronounced irritation.

But its efficacy is felt particularly in the treatment of scrofula and all other chronic scrofulous diseases, lymphatic and rheumatic, sciatica, lumbago, etc.

I recommend strongly the use of the Mineral Water of the Abenakis Springs in the treatment of diseases herein above cited.

Yours, etc., A. O. COMIRE, M.D.

PILES CURED.

Waltham, Mass.

I would like to add my testimony in reference to the great benefit to be derived from the famous Abenakis Springs Water. I had been a great sufferer for a long time from constipation and piles, and after stopping at your house for two weeks and drinking freely of the water I found my health greatly improved and that I have gained six pounds of flesh. I also gained eight pounds directly after coming away. Months have passed since then, and I find myself entirely cured from the effects of indigestion and piles, and I am a new man in health. I can recommend it as a safe and permanent cure for all such diseases.

Yours respectfully, G. S. HALL.

INFLAMMATORY RHEUMATISM CURED.

Montreal, August 8.

It is with pleasure that I recommend anything that I know beneficial to mankind. Accordingly, I am glad to add my testimony to the many already given as to the wonderful effects of the Abenakis Waters. For four years I had been a perfect martyr to inflammatory rheumatism, my joints being all swollen and very much enlarged. Year after year, while attending college, I was treated by the best physicians in Montreal, but all they could do was to alleviate the pain. All efforts towards curing me were futile. I tried mineral waters in other places, but with no beneficial results. As a last resort, in July, I came to the Abenakis Springs and remained for four weeks. To my surprise and joy I found myself completely cured. I have now been two years enjoying complete freedom from rheumatism.

The boating facilities at the Abenakis Springs, the clear pure air, and the good comfortable hotel all combined, makes the Abenakis Springs one of the most beautiful and healthy summer resorts of Canada; also its medicinal properties make it a great boon to those suffering from rheumatism.

Yours very sincerely,

W. D. REID, B.D., B.A.,
Pastor of Victoria Church.

INDOLENT ULCERS.

Beebe Plain, Vt., April 29.

I take great pleasure in recommending the Abenakis Springs water, as I have seen wonderful results from its use. One case in particular I would mention, that of an old lady who had been suffering with a long-standing indolent ulcer, which had affected her health greatly. She had been treated by physicians, but without any apparent benefit. By the advice of friends she was induced to try the water from your springs, and, very much to my surprise, in less than two months the ulcer had entirely healed, and her general health has improved wonderfully. I consider her at present perfectly cured. I could mention other cases, particularly rheumatic or affections of the kidneys, for which I think the Abenakis Water has no equal.

T. D. WITCHER, M.D.

SCIATICA RHEUMATISM CURED.

Bedford, January 23.

Dear Sir,—I consider it a privilege to be numbered among those who have testified in favor of your valuable Spring Water known as Abenakis Mineral Spring Water.

I had suffered six months from that terrible disease, sciatica rheumatism. The family physician did all in his power to cure, but failed to give relief only for the time being. I was advised by a friend to visit Abenakis Springs, which I did last August 22nd. I made a short stay of ten days, and came home rejoicing. Have been able to work ever since.

And about a year ago my wife was taken with bilious fever, grippe and indigestion, which left her in a very low condition; also had scrofulous eczema of long standing; had not been able to do any work for one year. She accompanied me to the Springs. Is greatly improved in every way, and now doing her own work.

Yours truly,

MR. AND MRS. A. C. KNEELAND.

INDOLENT ULCER.

Beebe Plain, April 22.

For five years I suffered with an indolent ulcer on my leg. I tried everything under the sun to heal, without success. I was very much run down from the constant drain upon the system. Rheumatism and dyspepsia troubled me. As a last resort, and not with much faith, I concluded to try Abenakis Spring Water. To-day the ulcer is healed, and has been for a long time. My dyspepsia and rheumatism are cured, and I am a well man. I am satisfied the water will cure all diseases of the blood, rheumatism and dyspepsia. To all suffering from the above diseases I would say, give it a trial, and I am sure you will not be disappointed.

Yours truly,

JOHN F. MORRILL.

DYSPEPSIA AND KIDNEY TROUBLE CURED.

Stanstead, P.Q., April 2.

This is to certify that I have for several years been afflicted with the worst form of dyspepsia and kidney trouble. I could eat nothing without suffering the most excruciating pain for several hours, both in my stomach and kidneys. I consulted several physicians, and took any quantity of nauseous drugs without the least benefit. I had entirely despaired of ever getting relief when I was induced to try the celebrated Abenakis Water, and to my great joy I commenced to improve at once. To-day I am a well man, can eat anything without feeling the least inconvenience from it, my kidney trouble is entirely well, and I am as free from pain as I ever was, even in my youth. To all suffering as I have been I would say, "Throw physic to the dogs and drink of the great, healthful mineral water—nature's beverage—and you will never regret it." Thanking you for your kindness in supplying me with the mineral water.

I am, Yours, etc.,

A. A. BROWN.

DYSPEPSIA CURED.

St. Francois du Lac, Que., March 4.

During a long year I had suffered with dyspepsia and the physicians thought that I could not be cured of it. In June, Dr. J. M. Brisebois, of Pierreville, Que., told me to use Abenakis Mineral Water. I used it and a month after I began to feel better. Now I am entirely well and am happy to testify in favor of your mineral water which I am using every day.

I am, sir, yours truly,

ALBERIC A. MONDOU.

CLEANSING AND INVIGORATING.

Observer Office, Coaticook, March 22.

I remember with pleasure my trip to Abenakis Springs last summer. I found the surrounding pleasant and enjoyable, the table excellent, and the mineral water cleansing and invigorating.

Yours truly,

W. L. SHURTLEFF.

A REMARKABLE CURE.

Richmond, P.Q., Jan. 8.

I intended to write to you sooner, but put it off from time to time until now.

I will always thank God that he directed me to Abenakis Springs, for I was not eight days home from the Springs until I passed a stone from my kidneys. The doctor in Victoria Hospital, Montreal, wanted me to undergo an operation to have the stone taken out of the kidneys, but the Abenakis Mineral Spring Water did the work instead of the knife.

I again thank you for your kindness while I was at the Springs. If this statement is of any use to you for publication you are welcome to use it. I send this for the sake of others afflicted the same as I was, and would advise them to go to Abenakis Springs and get cured.

Should anyone want any information I shall be glad to give it.

I remain, respectfully yours,

FRANK HALLIGAN.

LUMBAGO AND RHEUMATISM

Sherbrooke, Que., March 3.

I not only take pleasure in testifying to the merits of the Abenakis Springs Water, but consider it a duty. For several years I had been a sufferer from rheumatism and lumbago, the pains at times being so severe as to unfit me for duty. I consulted several physicians and took many drugs, but without any benefit. At the solicitation of friends I decided to try the effects of the Abenakis Water, and to my great joy and relief, after a stay of a few weeks at your house, I found myself a new man. Since my return I have not experienced the least return of my old trouble. I would advise all troubled with rheumatism to give the water a trial.

Yours truly,

JOS. L. COTE,
Prop. Sherbrooke House.

DYSPEPSIA AND KIDNEY DISEASE CURED.

Piarreville, Que.

I hereby certify that I have been a sufferer from dyspepsia and kidney disease for twelve years. I could eat hardly anything without being sick mostly every night and often through the day. I have had recourse to a few of the best doctors in Montreal, and also to all the patent medicines sold at all the druggists, and this without any release. Since nine months I have used the Abenakis Springs Mineral Water, and I can testify that I am perfectly well now. I can eat anything I please without any fear of uneasiness. I can sleep well, and do more work than at any other time before. I attribute the effects produced in my case to the mineral water. I therefore cannot speak too highly of this water, of which I am making use every day.

Yours respectfully,

REV. H. O. LOISELLE,
Pastor of the Episcopal Church.

BENEFICIAL RESULTS.

Chronicle Office,
Cookshire, P.Q., March 28.

I take pleasure in testifying to the fine accommodation furnished at Abenakis Springs, and the truly beneficial results of the water. I can cheerfully recommend the place to all.

Yours truly, L. S. CHANNEL.

RHEUMATISM CURED.

Coaticook, March 22.

I take pleasure in certifying to the curative properties of Abenakis Spring Water for rheumatism. Since spending two weeks at your place last summer and using the water thoroughly, I have not been troubled with rheumatism, although I previously suffered from it severely.

T. T. SHURTLEFF,
Mayor of Coaticook.

SCROFULA CURED.

Moes River, March 20.

My wife, Mrs. A. H. Staples, has suffered for years from a very severe form of dyspepsia; also from scrofula, showing itself often in glandular swellings which, filling with "pus," would have to be lanced and continue long as troublesome ulcers. She had been prescribed for by many physicians, and had taken many (so-called) remedies, but had found no permanent benefit. Last July she visited Abenakis Springs and stopped two weeks. An abscess on her neck, which had been lanced about five weeks before leaving home, but showed no signs of healing, was, when she returned, almost entirely healed; and for months after her return she suffered no inconvenience from indigestion. I am fully convinced that the water of the justly famous Abenakis Springs, as administered under the direction of Kimpton & Leith, for drinking, bathing, fomentations, etc., is almost a complete specific for the cure of dyspepsia, rheumatism, scrofula, and kindred diseases.

J. S. STAPLES,
Pastor Compton Free Baptist Church.

EFFECTS OF LA GRIPPE.

Coaticook, P.Q., April 18.

I was confined to my bed by a severe attack of "la grippe" in January, which resulted in dyspepsia in its worst form, and after an illness of nearly six months, during which time I spent five weeks at Long Island, Portland Harbour, without benefit, my physician suggested that I visit Abenakis Springs. I did so, and after using the water two weeks the results were most gratifying. I purchased a barrel of the water and have used it during the present winter, and I take much pleasure in saying that I have nearly recovered from the disease.

I would not be without this excellent water in my house.

Sincerely yours, GEO. L. PINKHAM.

INFLAMMATORY RHEUMATISM CURED.

Lowell, Mass., April 22.

For twelve years I was laid up from two to five months each year with inflammatory rheumatism. I was confined to my bed the greater part of the time, unable to move hand or foot, and the pains I suffered were something terrible. I was treated by the best physicians in Lowell, and of course got relief, but nothing permanent. I was never free from pain, and worked in misery—what little time I did work. I got discouraged, thinking that I must endure this as long as I lived, when I was advised by a friend of mine to go to the Abenakis Springs, stay two or three weeks, drink freely of the water and use the baths. I did so, and to my great joy I got relief, so that for the past year I have not had an ache or pain, have worked every day, and never felt more like working in my life. It is wonderful what an invigorating effect the water has upon the system. It seems to give new life and vigor. I feel that I cannot speak in high enough terms of the wonderful mineral water.

I am, respectfully yours,

AUSTIN BODWELL.

VALUABLE REMEDY.

Newport, Vt., May 2.

This is to certify that I have used the Abenakis Springs Water in my practice, and find it a valuable remedy in chronic constipation due to indigestion. Think it will prove a valuable remedy for rheumatic complaints, for which I have not as yet had the pleasure of testing it.

E. E. WHITAKER, M.D.

EPILEPTIC FITS.

Charlestown, Mass.

For more than two years I was troubled with dizziness and epileptic fits, doctoring continually. As I could get no permanent relief, the doctors recommended a change of climate. I visited the Springs six weeks last summer, using the mineral water freely. I had no symptom of my trouble while there, and upon my return home find that my general health is very much improved. I heartily recommend the Abenakis Springs as a delightful summer resort, and feel that I cannot speak too highly of its excellent mineral waters.

MRS. GEO. M. WELCH.

KIDNEY TROUBLE AND DYSPEPSIA.

WONDERFUL CURE.

Stanstead, P.Q., April 25.

This is to certify that I have been troubled with rheumatism for twenty years, also with dyspepsia and kidney trouble. When I commenced to use your wonderful mineral water I could scarcely move about, suffering the most aggravating pains. Now my rheumatics are all gone, and I am as free from pain as I was when a boy, although a man now of 67 years of age. I consider myself perfectly cured from dyspepsia and kidney trouble. I would advise and recommend every one to use your celebrated and world-renowned Abenakis Mineral Water. I could not think of living without it in my family.

Very truly yours, E. M. REED.

GENERAL DEBILITY.

Farnham, Que., April 25.

I have great pleasure in testifying to the efficacy of the waters of the Abenakis Springs, more especially in the case of debility arising from stomach, liver or kidney troubles. I speak advisedly, as a great many of my patients have experienced the benefits of a stay at your delightful summer resort.

G. F. SLACK, M.D.

INFLAMMATORY RHEUMATISM.

Quebec, October 1.

I take much pleasure in testifying to the great benefit I derived from the use of Abenakis Springs Mineral Water. After suffering for nearly a year from inflammatory rheumatism, a short stay at the Springs almost completely restored me to my former health.

Yours truly,

H. K. AUSTIN.

KIDNEY TROUBLE.

A NEW LEASE OF LIFE.

Beebe Plain, April 9.

It is with great pleasure I add my testimonial to your already long list. I feel it my duty to do so, and for the benefit of other poor sufferers. For two years I suffered with a disease of the kidney, was unable to do the lightest work, and suffered constant pain in my back. I became emaciated and discouraged. I was continuously under a doctor's care, and I will give them credit of doing some good. But never did I get complete and permanent relief until I commenced the use of the Abenakis Spring Water. After using it three months I consider myself perfectly cured, and have felt none of the old pains, and do as much work as any man, and do it without getting tired. The water seems to have given me a new lease of life. I keep it in the house all the time; would not do without it. I find it saves doctors' bills and a lot of suffering. It is a perfect panacea for all kidney troubles. Thanking you for supplying me.

I am, yours, etc., W. C. WRIGHT.

INFLAMMATORY RHEUMATISM.

Newport, Vt., April 23.

This is to certify that I have used the Abenakis Spring Water at a time when my hands and feet were crippled by rheumatism that I could not walk, or even dress myself. The results were most gratifying to myself and mother, for in a few weeks I was able to walk about the house and do some light work, and at the present writing am able to work every day.

MARY F. GIBB.

HEALTH-GIVING PROPERTIES.

Montreal, P.Q.

I have used the Abenakis Mineral Water for the past six months. I cannot speak too highly of its excellent health-giving properties. I do not intend to be without it. Some of our families have tried it to their great satisfaction, and wish to get some more. Please find enclosed an order for four barrels.

Sincerely yours,

REV. T. J. MANSELL.

RHEUMATIC GOUT.

Montreal, April 8.

I am pleased to bear testimony to the good effects produced in my case by the Abenakis Mineral Water. After suffering acutely from rheumatic gout for five or six years (during which time I visited other springs with but partial relief), I was induced to go to your springs, in August last, scarcely able to walk without assistance. As you will remember, the effect was almost magical and produced a profound impression upon the 100 guests then at the Springs. Arriving on Saturday unable to stand without support, by the middle of the following week throwing my stick away and waltzing with the ladies.

I found the water and baths act admirably on my kidneys and my wife remarked only yesterday, that I had not been so free from sickness for a number of years, as since I left the Springs in September last. I found the location quiet and beautiful, the house neat and clean, attendance good, and the table all that could be desired.

JOHN RICHARDS.

St. James St.

DYSPEPSIA AND CONSTIPATION.

Montreal, March 16.

I am happy to testify to the great benefit I derived from the use of your Abenakis Mineral Water. I first used it over ten years ago, when troubled with dyspepsia and constipation, and found it so beneficial that I have since always kept one or two jars in my cellar for my family and friends. Respectfully yours,

L. GARIEPY.

KIDNEY COMPLAINT.

Lineboro, Que., April 30.

I am over fifty-one years old, and have been afflicted for twenty years with kidney complaint and gravel without getting any permanent relief, until I commenced to use Abenakis Mineral Water last fall and now I consider myself entirely cured.

Yours truly,

BENJ. BULLOCK.

REMARKABLE CURE OF SCIATICA

Montreal, Que., Aug. 8.

For fifteen months, that fell disease sciatica made my life a burden to me and to my friends. I visited other mineral springs, and drank of the waters, but in vain I sought after restored health. The best physicians in Montreal and other places were called in, and their prescriptions were used, and their directions followed, but all to no effect ; at last almost in despair I came to the Abenakis Springs. I was unable to walk without the aid of a stick, and was almost helpless. Shortly after coming I discarded my stick, then I removed my room from the ground floor up to the second flat, and now without any aid I can go anywhere ; and with thankfulness I can say I believe myself to be cured Hoping that this testimony will be the means of bringing some other poor afflicted ones to the springs.

I remain, yours very sincerely,

MRS. GNAEDINGER,

87 Durocher St.

RHEUMATISM REMOVED.

The Temple, Montreal, August 10.

It is with great pleasure that I add my name to those who have received benefit from the water of Abenakis Springs, and may say that I cannot commend it too strongly to those who are suffering from rheumatism, with the hope that after a good trial they will be, like myself, completely cured.

Yours truly,

G. ERNEST MUIR.

DYSPEPSIA CURED.

Sherbrooke, Que., Feb. 22.

I was confined to my bed in July last for over two weeks from a severe form of dyspepsia. My physician advised me to visit Abenakis Springs, and as soon as I was able I did so. After using the water a few days I commenced to gain strength and am now completely recovered. I feel that I cannot speak in high enough terms of the Abenakis waters.

Yours truly,

J. A. WIGGETT.

RHEUMATISM AND DROPSY.

Lineboro, Que.

I am pleased to add my testimony in favor of the famous Abenakis Springs Mineral Water. I will use all of my influence to make known its merits. The longer people use it the better they like it. Everybody who uses it speaks highly of it, and I know from personal experience that it is the best medicine for rheumatism, liver and kidney troubles that I ever used. I commenced using it last fall for rheumatism and dropsy, and received great benefit from it, and I expect by its continued use to be entirely cured. Wishing you every success, I remain,

Yours truly,

JUDSON WOOD, P.M.

DYSPEPSIA AND RHEUMATISM.

Sherbrooke, March 30.

I have much pleasure in stating that I visited your Springs last summer (only remained about 10 days) and was much benefitted by the use of the waters, and believe there are no better waters anywhere for the cure of rheumatism and dyspepsia. Respectfully yours,

W. R. WEBSTER.

HEALTH-GIVING WATERS.

Bedford, March 9.

To all whom it may concern: This is to certify that I visited the noted Abenakis Springs last summer and found them a great benefit in their health-giving medical waters, also would recommend the locality for fine boating, fishing, and all kinds of out-door sports. The proprietor of the Abenakis House is a genial, obliging and accommodating gentleman, the table first-class and terms very reasonable.

Yours truly,

C. JACKSON, Agt. C.P.R.

RHEUMATISM CURED.

Montreal, P.Q.

For five years I have suffered with rheumatism and general debility. I visited the different mineral springs, and used their mineral waters continually, but found no relief. The best physicians were called in, their prescriptions used and their directions followed, all with no success. At last a friend of mine recommended me to the Abenakis Springs, which I tried, and found great relief after a few days. I gained rapidly, and have since kept up the Abenakis Spring Waters, and will always use them, as I have no more rheumatism and feel like newly born. I give you the privilege to publish the above for the benefit of others, and I hope it will do them as much good as it has done me. Anyone desirous of further information, I shall only be too happy to tell them what it has done for me.

Sincerely yours, MRS. L. HARRIS.

KEEP ABENAKIS WATER IN YOUR HOUSE

BOTTLED AT THE SPRINGS

"WATERS OF LIFE."

Start the day right by drinking a glass of Abenakis Mineral Water, and keep right by drinking it every day of the year. It is health-giving and invigorating; it prevents disease and keeps you well; it is Nature's Tonic.

HOW IT IS PUT UP.

In cases of two dozen pints.

In bulk the water is shipped in five-gallon demijohns and 30 and 40 gallon barrels.

Water bottled and shipped direct from the springs.

HOW TO GET IT.

The bottled water is generally kept at all first class druggists, hotels, clubs and grocers. Your dealer can get it for you easily. If any difficulty is experienced in procuring it, write direct to the ***Abenakis Springs Hotel Company, Abenakis Springs, Yamaska County, P.Q.***, and all information will be cheerfully and promptly given.

98
5973 x 5c

ABENAKIS WATER

Has Cured

Rheumatoid Arthritis.
Alleged Bright's Disease
of many years standing
Alleged Diabetes
of many years standing
Dyspepsia
Indigestion
Sour Stomach
Stone in the Bladder
Hepatic Colic
Acute and Chronic Gout
Bilious Attacks
Rheumatic Gout
Articular Rheumatism
Nervous Dyspepsia
Eczema
Lithæmia
Biliary Calculi
Asthma
Hay Fever
Neuralgia
Sciatica
Rheumatic Headache
Pain across the Back
Nausea and Retching
During Pregnancy

It will cure diseases caused by Uric Acid Poisoning.
A majority of all our ills come from Uric Acid Poisoning.

FOR SALE BY

See Pages 8 and 10 ABENAKIS SPRINGS, P.Q.

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